

Absolute Health Resource

2727 Bryant Street Suite #500

Denver, Colorado 80211

ph 720-524-4377

fx 720-524-3472

Recommendations For Home Care*:

#1 Traumeel Gel

_____ Rub on area of PAIN (area that hurts) every 2 hours

_____ Rub on area of PAIN (area that hurts) BEFORE and AFTER
any aggravating activity or IMMEDIATELY AFTER Injury

#2 ICE

_____ ICE PACK** area of PAIN (area that hurts) for 15 minutes
(no more) every 2 hours.

**The best ICE Pack is a frozen bag of peas

#3 Traumeel Oral

Take dosage recommended on back of bottle every 2 hours

*Please call with any questions or problems as the directions provided above are essential for your recovery and only work at their maximum if performed according to recommendations.